

Invited Talk under Sehat Kendra

Mental Health Awareness Programme for Adolescent Girls

“Mental Health Awareness might be one of the most pressing issues we’re currently facing in the healthcare industry as a whole, unfortunately, there also tends to be a significant stigma attached to anything related to Mental health” These were the words of Dr. Shubham Shree, who is a psychiatric social worker and also performs counseling guidance research and training. She came for “Invited Talk under Sehat Kendra” on “Mental Health Awareness Programme for Adolescent Girls” on 29th of March in Patna Women’s College at 1 P.M. It was an informative session which focused on the importance of being healthy both mentally and physically citing various examples of everyday life. She also talks about how COVID-19 pandemic had an impact on our mental health especially on adolescents. Reports on symptoms of anxiety or depressive disorders, substance use and suicidal thoughts had increased rapidly during the pandemic. Burnout, stress, mood swings, fatigue are the common symptoms that are generally seen among teenagers. She also explained about the importance of health for women as they always tend to overlook their health for others wellbeing. She talked about various components that run our mental health like cognition, instinct, intuition, personality, memory etc. We also learnt how to look after our mental health by talking about our feelings, eating well, asking for help, taking a break from monotonous life and work, do something in which we are passionate about. If we are facing some difficulties then taking help from professionals rather than peer groups. Our mental health directly involves our feelings, thinking or cognition. There was also questions and answer session where volunteer asked from her various questions related to our behavior like how to cope from overthinking She ended the session by having all of the volunteers meditate for few minutes.

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